

Athletes / Coaches of the Year

Who's Who has long recognized student-athletes whose performance stands out more than their peers as Athletes of the Year.

The criteria has changed since the first quarter century of the publication. Currently, the criteria is based upon . . .

Athlete of the Year criteria -- This individual is chosen based largely on the following criteria: (1) Marks which rank the athlete in all-time top-10 for an event; (2) how their mark sits in national rankings; (3) their performance at the State Championships, and; (4) versatility. Nominees are generated by the Who's Who staff, though we welcome nominations from coaches also. There is no pre-determined number of just how many recipients for AofY or HM there should be; the strength of the field in accordance with the aforementioned criteria will reflect this.

Coach of the Year criteria -- Our selection of Coach of the Year will always be the coach of the team that wins the Dual Meet Rankings. It is our feeling that having a well-rounded team is an indication of good coaching and, therefore, the dual meet winning team has the Coach of the Year.

A historical list of past honorees is noted below. For a detailed explanation of precisely why people were chosen, please refer to the Who's Who edition of the year in question.

		- 6 A -		- 5 A -		- 4 A -		- 3 A -		- 2 A -		- 1 A -	
WW 2024	TF-2023 / XC-2023	GIRLS	<u>Athlete of the Year</u>	Mia Brahe-Pederson, Lake Oswego	Emily Wisniewski, Crescent Valle	Alice Davidson, Scappoose	Autumn Murray, Cascade Chr	Hailee Hughes, Willamina	Addy Martin, Adrian				
				Sophia Beckmon, Ore.City	Addison Kleinke, Churchill		Sydney Deboer, De La Salle	Owyhee Harguess, Enterprise					
			<u>Honorable Mention</u>	Josie Donelson, L.Oswego	Barrett Justema, Summit	Brooke Perry, La Grande	Lauren Tittle, Ore.Episcopal	Averie Peterson, Santiam	Samara Baker, Triangle Lake				
			Kyssee Hollands, C.Catholic	Brianna Raven, Thurston	Sydney Baker, Mazama	Sophie Schoolmeester, Banks	Daisy Lalonde, East Linn Chr	Ava Barnett, New Hope Christian					
					Zoe Dunn, The Dalles	Sierra Samhammer, Cascade Chris		Bressley Speelmon, Adrian					
			<u>Coach of the Year</u>	Shane Kessler, Jesuit	Dave Turnbull, Summit	Joe Fulton, Philomath	Kent Rilatos, Coquille	Dan Moody, Enterprise	Jay Blackburn, Union				
WW 2023	TF-2022 / XC-2022	BOYS	<u>Athlete of the Year</u>	Micah Perry, Barlow	Carter Cutting, Wilsonville	Broky Lutes, Marshfield	Malcolm Grant, Catlin Gabel	Isaiah Rodriguez, Knappa	Jace Martin, Adrian				
				William Heslam, Roosevelt	Tyrone Gorze, Crater	Alex.GarciaSilver, Marshfield		Kaleo Wellman, East Linn Chr					
			<u>Honorable Mention</u>	Wesley Shipsey, C.Catholic	Logan Law, Mmilwaukie	Grant Boehannon, H.Valley	Jayden Christy, Santiam Chr	Trevor Nichols, Heppner	Mason Detzler, Myrtle Point				
			Austin Milton, Redmond	Central 4x1 and 4x4	Jason Padgett, N.Bend	Josh Widdows, Catlin Gabel		Ray Gerrard, North Douglas					
								Grady Greenwood, Condon					
								Keith Gaskill, Days Creek					
		<u>Coach of the Year</u>	Erich Herber, W.Salem	Dave Turnbull, Summit	Chad Scriven, Marshfield	Chris Johnson, Siuslaw	Dave Mucken, Balchet Catholic	Jay Blackburn, Union					
		- 6 A -		- 5 A -		- 4 A -		- 3 A -		- 2 A -		- 1 A -	
WW 2023	TF-2022 / XC-2022	GIRLS	<u>Athlete of the Year</u>	Mia Brahe-Pederson, Lake Oswego	Jordan Koskondy, N.Salem	Emma Gates, Cascade	Hallee Hughes, Willamina	McKena Houston, Columbia Chr	Abby Martin, Adrian				
				Lily Jones, Roosevelt	Breanna Raven, Thurston	Karlee Touey, N.Valley	Mackenzie Walker, St.Marys	Emma Miller, Neah-Kah-Nie	Kourtney Doman, Crane				
			<u>Honorable Mention</u>	Sophia Beckmon, Ore.City				Laura Young, Monroe					
			Harley Daniel, OreCity										
			<u>Coach of the Year</u>	Vince Kinney, Lake Oswego	Beth Dougherty, North Salem	Joe Fulton, Philomath	Jeff Beck, Nyssa	Kent Rilatos, Coquille	Amanda Maddox, Damascus Chr				
WW 2022	TF-2021 / XC-2021	GIRLS	<u>Athlete of the Year</u>	Mia Brahe-Pederson, Lake Oswego	Poppy Miller, Hood River	Emma Gates, Cascade	Jadyn Vermillion, Sutherlin	Izzy Steerman, Faith Bible	Kayla Morgan, Southwest Christian				
				Chloe Foerster, Jesuit		Kaiah Fisher, Hidden Valley							
			<u>Honorable Mention</u>	Sophia Beckmon, Oregon City	Nerissa Thompson, North Salem	Anika Thompson, Junction City	MacKenzie Walker, St.Marys	Katie Hanson, Gervais	Belle Blair, Powder Valley				
		Magdalene Williams, Summit	Eimy Martinez, North Salem			Makena Houston, Columbia Christian							
			Sydney McCann, St.Marys Ac	Kensy Gault, Ridgeview									
			Harley Daniel, Oregon City										
		<u>Coach of the Year</u>	Dave Turnbull, Summit	Josh Finck, Wilsonville	Brad Smith, Henley	Greg Hess, Catlin Gabel	Sonna Smith, Grant Union	Nic Maszk, Powder Valley					
		- 6 A -		- 5 A -		- 4 A -		- 3 A -		- 2 A -		- 1 A -	

WW TF-2021 /	BOYS	<u>Coach of the Year</u>	Molly Grant, Jesuit					
			Dave Turnbull, Summit	Don Berger, North Salem	Terry Larson, Hidden Valley	Mark Wiley, Sutherlin	Erica Stuckart, Regis	Scott Brown, North Lake
		<u>Athlete of the Year</u>	Vincent Mestler, Sheldon	Reed Pryor, Ashland	Colton McMaster, Astoria	Derek Tuttle, Brookings	Zac Knapp, Enterprise	Micah Colburn, Damascus Christia
			Mateo Althouse, Lincoln	Cameron Stein, Ashland			Grant Davidson, East Linn	
		<u>Honorable Mention</u>	Charlie Robertson, Franklin					
	<u>Coach of the Year</u>	Dave Killan, Sherwood	Josh Finc, Wilsonville	Terry Larson, Hidden Valley	Greg Hess, Catlin Gabel	Sonna Smith, Grant Union	Nic Maszk, Powder Valley	
		- 6 A -	- 5 A -	- 4 A -	- 3 A -	- 2 A -	- 1 A -	

WW 2021 TF-2020 / XC-2020	GIRLS	DUE TO THE CANCELLED TRACK SEASON AND DELAYED CROSS COUNTRY SEASON, ATHLETES OF THE YEAR WERE NOT DETERMINED						
	BOYS	DUE TO THE CANCELLED TRACK SEASON AND DELAYED CROSS COUNTRY SEASON, ATHLETES OF THE YEAR WERE NOT DETERMINED						

WW 2020 TF-2019 / XC-2019	GIRLS	<u>Athlete of the Year</u>	Colleen Uzoekwa, Westview	Adael Scaten, Thurston	Gretchen Hoestre, Seaside	Emma Bennion, St.Marys	Kaylee Wright, Grant Union	Ellyse Tingelstad, Joseph
		<u>Honorable Mention</u>	Fiona Max, Summit	Riley Traeger, Silverton	Baylee Touey, North Valley		Jordan White, Neah-Kah-Nie	Aalyah Burton, Elgin
				Chelsea Howard, North Bend	Hidden Valley 4x100m			
					(Jaaden Steele, Nyah Kendall, Jenelle Hurley, Jada Hurley)			
		<u>Coach of the Year</u>	Erich Herber, West Salem	Don Berger, North Salem	Joe Fulton, Philomath	Joe Volk, St.Marys	Steve Ritchie, Kennedy	Aimee Goss, Adrain
BOYS	<u>Athlete of the Year</u>	Micah Williams, Benson	Evan Holland, Ashland	Ben Carringer, Mazama	Cooper Blodgett, Clatskanie	Cesar Sepulveda, Jefferson	Tim Stevens, Cove	
	<u>Honorable Mention</u>	Mariano Kris, Tualatin	Ty Hampton, North Bend	Darius Holmes, Klamath Union		Tyson Brasfield, Lowell		
						Hunter Nichols, Heppner		
	<u>Coach of the Year</u>	Hashim Hall, Tualatin	Eric Cross, Silverton	Julie Bodfish, La Grande	Tim VanVoorst, Clatskanie	Kaellen Peters, East Linn	John Roberts, Joseph	
		- 6 A -	- 5 A -	- 4 A -	- 3 A -	- 2 A -	- 1 A -	

WW 2019 TF-2018 / XC-2018	GIRLS	<u>Athlete of the Year</u>	Shelby Moran, Sherwood	Fiona Max, Summit	Bailey Touey, North Valley	Maya Rayle, Catlin Gabel	Kyndal Martin, Monroe	Sophia Pettit, Cove
						Jordan Slater, La Pine		Ana Popchock, South Wasco
		<u>Honorable Mention</u>	Kelly Makin, Sunset	Haley Smith, Summit	Darian Hageman, Astoria	St.Marys 4x100m / 4x400m	Sailor Hutton, Bandon	Morgan Bayes, Adrain
			Elisa Unruh-T, South Eugene	Quinn Farley, Summit	Linnaea Kavulich, Scappoose	Ronni VanZant, Sheridan	Kaylee Wright, Grant Union	Maggie Ledbetter, Cove
		<u>Coach of the Year</u>	Skylar Blair, Southridge	Jazmine Martin, Mt.View			Caitlynn Duff, Culver	Ellyse Tingelstad, Joseph
BOYS	<u>Athlete of the Year</u>	Brian Valley, Jesuit	Dave Turnbull, Summit	Joe Fulton, Philomath	Dave Macken, Blanchet C	Mary Persons, Monroe	Aimee Goss, Adrain	
	<u>Athlete of the Year</u>	Micah Williams, Benson	Evan Holland, Ashland	Jacob Woods, Cottage Grove	Juma Sei, Catlin Gabel	Hunter Hutton, Bandon	Ethan Kassebaum, N.Clackamas	
	<u>Honorable Mention</u>	Alex Senning, Wilson	Pierce Le Coste, Marist	Cale Reed, La Grande			Tom Stevens, Union	
		Tigard 4x100m / 4x400m	Cal Duke, Crater	John Kavulich, Scappoose	Dillon Towne, Glide	Jacob Speed, Weston-McEwen	Josh Engdahl, Pacific	
		Central Catholic 4x400m	Tyler Rohrman, Hermiston		Clatskanie 4x100m	Clay Sullivan, Vernonia		
	<u>Coach of the Year</u>	Erich Herber, West Salem	Dave Turnbull, Summit	Julie Bodfish, La Grande	Beth Sprague, Pleasant Hill	Kellen Peters, East Linn	Marty Stallard, Pacific	
		- 6 A -	- 5 A -	- 4 A -	- 3 A -	- 2 A -	- 1 A -	

2018 / XC-2017	GIRLS	<u>Athlete of the Year</u>	DeShae Wise, Grants Pass	Olivia Brooks, Summit	Bailey Touey, North Valley	Megan Miller, Pleasant Hill	Mackenzie Wilson, East Linn	Jazmin Wilberg, Camas Valley
		<u>Honorable Mention</u>	Kelly Makin, Sunset	Camille Weaver, Summit	Darian Hageman, Astoria	Jordyn Slater, La Pine	Sailor Hutton, Bandon	Kendra Murphy, North Lake
			Makenna Schumacher, Jesuit	Haley Smith, Summit	Riley Fritz, Corbett	Maya Rayle, Catlin Gabel	Kyndal Martin, Monroe	Sydney Radigan, St.Stephens
			Shelby Moran, Sherwood					
		<u>Coach of the Year</u>	Brian Valley, Jesuit	Dave Turnbull, Summit	Garrett Parks, Astoria	Dave Mucken, Blanchet Catholic	Kellen Peters, East Linn	Aimee Goss, Adrain
	<u>Athlete of the Year</u>	Henry Mong, Franklin	Brent Yeakey, Ridgeview	Rory Coon, Tillamook	Juma Sei, Catlin Gabel	Bishop Mitchell, Kennedy	Etha Kassebaum, N.Clackamas	

WW TF-2017	BOYS	Honorable Mention	Joshua Schumacher, Jesuit Ryan Cavinta, Tualatin Simon Park, South Eugene	Andy Monroe, Crater Brayden Durfee, Summit	Ty Hampton, North Bend	Dillan Towne, Glide Hunter Murphy, Pleasant Hill	Hunter Hutton, Bandon Colton Koenig, Delphin	Justin Hall, Pacific Tim Stevens, Union
		Coach of the Year	Tom Rotherberger, Jesuit	Dave Turnbull, Summit	Ernie Brooks, Crook County	Casey Haselbacher, Salem Acaden	Mike Bauer, Regis	Kayne Pedrick, Powers
			- 6 A -	- 5 A -	- 4 A -	- 3 A -	- 2 A -	- 1 A -
WW 2017 TF-2016 / XC-2016	GIRLS	Athlete of the Year	Ella Donaghu, Grant	Tieara Norman, Milwaukie	Darian Hageman, Astoria	Marissa Dobry, St.Marys Megan Miller, Pleasant Hill Lindsey McShane, Amity	Kori Pentzer, Grant Union	Sophia Pettit, Monument
		Honorable Mention	Maddie Rabing, Lakeridge	Olivia Brooks, Summit			Rachel Parks, Lost River Sailor Hutton, Bandon	Haley Miller, Joseph Jessie Flynn, Ione
	Coach of the Year	Brian Valley, Jesuit	Dave Turnbull, Summit	Garrett Parks, Astoria	Joe Volk, St.Marys	Kellen Peters, East Linn	John Roberts, Joseph	
	BOYS	Athlete of the Year	Julian Body, Jesuit Harrison Schrage, Grant	Sebastian Barajas, Hood Rover Zach Short, Lebanon	Rory Coon, Tillamook	Justin Petz, La Pine	Corey Sledge, Culver	Reagan Shira, Adrain
Honorable Mention		Tyren Wolfe, North Medford	Jacoby McNamara, Redmond	Seth Andres, Henley Dylan Castle, Henley Brendan Thurberblaser, Newport	Fabian Cardenas, Umatilla Juma Sei, Catlin Gabel Malik Knott, Colton	Brett Elder, Nestucca Trevor Verhelst, Union Hayden Scott, Weston-McEwen Mike Mitchell, Reedsport	Bryson Shira, Adrain	
Coach of the Year		Tom Rotherberger, Jesuit	Chase Wells, Marist	Brad Smith, Henley	Gary Slater, La Pine	Steve Sheely, Union	Aimee Goss, Adrain	
			- 6 A -	- 5 A -	- 4 A -	- 3 A -	- 2 A -	- 1 A -
WW 2016 TF-2015 / XC-2015	GIRLS	Athlete of the Year	Ella Donaghu, Grant	Jestena Mattson, Hood River	Rachel Vinjamuri, Newport	Andrea Lemus-Cisneros, Umatilla Lindsay McShane, Amity	Emily Parks, Lost River	Taylor Darden, Dufur
		Honorable Mention	Gabrielle Kearney, Roseburg Maddie Rabing, Lakeridge	Anna Dean, Hillsboro Tierra Norman, Milwaukie	McKenna Streed, Gladstone	Megan Miller, Pleasant Hill Maya Rayle, Catlin Gabel Hannah Bates, Vale Delaney Hall, Lakeview	Sailor Hutton, Bandon Cora Gallop, Oakland	Deanna Harris, Condon/Wheeler Kendra Murphy, North Lake Faith Richards, Damascus Chr
		Coach of the Year	Brian Valley, Jesuit	Dave Turnbull, Summit	Garrett Parks, Astoria	Bob Phillips, Vale	Kellen Peters, East Linn	Larry Conaway, Condon/Wheeler
	BOYS	Athlete of the Year	Ben Milligan, Sherwood Julian Body, Jesuit	Zach Short, Lebanon Sebastian Barajas, Hood Rover	Hunter Drops, Marshfield Dallin Shurts, Banks	Justin Petz, La Pine	DiSean Hernandez, Central Linn	Reagan Shira, Adrain Loretto Morelli, South Wasco
Honorable Mention		Tristan James, West Salem	John Bates, Lebanon	Wilder Boyden, Valley Catholic	Fabian Cardenas, Umatilla Malik Knott, Colton Codi Blodgett, Clatskanie	Trevor Verhelst, Union Jackson Van Vuren, Faith Bible Kavie Belcastro, Central Linn	Dylon Tankersley, Mitchell	
Coach of the Year		Tom Rotherberger, Jesuit	Chase Wells, Marist Pat Wagner, Marist	Jake Smith, North Bend	Gary Slater, La Pine	Steve Sheely, Union	Marty Stallard, Pacific	
			- 6 A -	- 5 A -	- 4 A -	- 3 A -	- 2 A -	- 1 A -
WW 2015 TF-2014 / XC-2014	GIRLS	Athlete of the Year	Ella Donaghu, Grant	Summit 4x100m (Emma Stevenson, Hannah Cochran, Megan Buzzas, Alexa)	Venessa D'Arpino, North Valley Kerissa D'Aprino, North Valley	Justyce Smith, Riverside	Loghan Sprauer, Kennedy	Ellie Logan, Condon/Wheeler
		Honorable Mention	Becca Houk, Oregon City Taura Taylor, Tualatin	Jestena Mattson, Hood River Tierra Norman, Milwaukie Elizabeth Pecok, Liberty		Olivia Powell, Creswell Valley Catholic 4x100m	Emily Parks, Lost River	Sarah Estabrook, Triad
		Coach of the Year	Brian Valley, Jesuit	Dave Turnbull, Summit	Rachel Hinze, Ridgeview	Bob Phillips, Vale	Steve Ritchie, Kennedy	Heidi Bowers, Imbler
	BOYS	Athlete of the Year	Max Dordevich, Jesuit	Matthew Maton, Summit	Wyatt Cunningham, North Bend	Lane Hadley, Lakeview	DiSean Hernandez, Central Linn	Austin McNichols, Lowell
Honorable Mention		Connor McLean, Clackamas John Nizich, Central Catholic Harrison Schrage, Grant	Liam Henshaw, Marist Roba Sultessa, Cleveland	Mark Marbas, Siuslaw	Seth Nonnemacher, Burns Cheyene Webb, Nyssa Fabian Cardenas, Umatilla Zach Bellew, Creswell	David Ribich, Enterprise Cory Sledge, Culver	Bryson Shira, Adrain	
Coach of the Year		Tom Rotherberger, Jesuit	Chase Wells, Marist Pat Wagner, Marist	Jake Smith, North Bend	Jeff Beck, Nyssa	Mike Day, Central Linn	Ron Pope, Camas Valley	
			- 6 A -	- 5 A -	- 4 A -	- 3 A -	- 2 A -	- 1 A -

WW 2010	TF-2009 / XC-2009	GIRLS	<u>Athlete of the Year</u>	Alyssa Hasslen, McMinnville Kayla Smith, Benson	Kellie Schueler, Summit	Laura Bobek, Astoria Taylor Wallace, Mazama	Kayla Nagunst, Rainier Hayley Ney, Catlin Gabel	Morgan Martin, St.Marys	Emily Funkhouser, Sherman Crane 4x400m
			<u>Honorable Mention</u>	Lexi Ross, Lakeridge Taisha Moore, Aloha	Kayleigh Tyerman, Crater Moriah Roberge, Marshfield	Laura Schmitt, La Salle Maria Kropf, Sweet Home		Hannah Whitehead, East Linn Kelsea Hurliman, Nestucca Sami DeVore, Scio	Julie Drescher, St.Paul Laura Grube, Crow
			<u>Coach of the Year</u>	Brian Valley, Jesuit	Dave Turnbull, Summit	Ron Smith, Henley	Lerry Baker, Catlin Gabel	Joe Volk, St.Marys	Jennifer HolyCross, Sherman
	BOYS	<u>Athlete of the Year</u>	Ryan Crouser, Barlow Sam Crouser, Gresham Elijah Greer, Lake Oswego	Caleb Kruse, Marshfield	Matt Anthony, Ontario Elliott Jantzer, Phoenix Dakotah Keys, Sweet Home		Cole Watson, Rogue River Nevin Lewis, Culver	Sean Lewis, Damascus Chr	
		<u>Honorable Mention</u>	Jared Hippler, Oregon City Charlie Beard, South Eugene JJ Julifs, Sheldon	Matson Hardie, Summit Wilder Schaaf, Ashland		Cole Scherer, Bandon Jimmy Cook, Grant Union	Stephen dickinson, Bonanza Nathan Rowlett, Portland Chr Sean Igelman, St.Marys	Ben Bogert, Southwest Chr Abel Araya, Portland Lutheran	
		<u>Coach of the Year</u>	Erin Regali, Sheldon	Dave Turnbull, Summit	Billy Snow, Sweet Home	Moreland Anderson, Westside Chr	Andrew Jassen, Portland Chr	Larry Conaway, Crane	
- 6 A - - 5 A - - 4 A - - 3 A - - 2 A - - 1 A -									
WW 2009	TF-2008 / XC-2008	GIRLS	<u>Athlete of the Year</u>	Kayla Smith, Benson	Kellie Schueler, Summit	Taylor Wallace, Mazama	Jeala Dinsmore, Burns	Keli Hall, Lakeview	Sarah Hanchett, McKenzie
			<u>Honorable Mention</u>	Alyssa Hasslen, McMinnville Lindsey Beard, South Eugene Ali Super, West Linn	Alison Worthen, Marshfield Michelle Coombs, Hermiston	Laura Bobek, Astoria Mary Harbor, Astoria	Beth Stam, Toledo Misty Corwin, Waldport	Morgan Martin, St.Marys Ashley Baldovino, Lakeview	Erin Funkhouser, Sherman Paige Banstiter, Adrain Julie Drescher, St.Paul
			<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Dave Turnbull, Summit	Ron Smith, Henley	Tom DeLong, Nyees	Joe Volk, St.Marys	Jennifer HolyCross, Sherman
	BOYS	<u>Athlete of the Year</u>	Elijah Greer, Lake Oswego	Robert Atoe, Dalles/Wahtonka	Dakota Keys, Sweet Home	Zach Hevner, Vale	Max Long, Oakridge	Sean Lewis, Damascus Chr	
		<u>Honorable Mention</u>	Eric Capelle, Barlow	Mark Books, Klamath Union Matt Miner, Ashland	Elliott Jantzer, Phoenix Brian Schaudt ,Philomath	Westside Chr 4x100m Jeremy Kreutzbender, Amity	Stephen Diskinson, Bonanza Zach NcLaurin, DeLaSalle	Ethan Moore, Sherman Marcus Hope, Adrain Kasey McCoughlin, Dufur	
		<u>Coach of the Year</u>	Terry Rife, Southridge Sherry Gustafson, Barlow	Matt Craven, Bend	Steve Grief, North Bend	Kelly Kruell, Vale	Andrew Jassen, Portland Chr	Larry Conoway, Crane	
- 6 A - - 5 A - - 4 A - - 3 A - - 2 A - - 1 A -									
WW 2008	TF-2007 / XC-2007	GIRLS	<u>Athlete of the Year</u>	Mandy White, Lakeridge	Kellie Schueler, Summit	Taylor Wallace, Mazama	Chrissi, Grizzel, Jefferson	Keli Hall, Lakeview	Emily Holding, Damascus Chr
			<u>Honorable Mention</u>	Biance Mathabane, Lincoln Alyssa Hasslen, McMinnville Casey Masterson, Sheldon Lindsey Beard, South Eugene	Ashley Potter, Thurston Alison Worthen, Marshfield	Laura Bobek, Astoria Jessice Rodolf, Junction City	Jeala Dinsmore, Burns Beth Stam, Toledo	Daedra Carline, DeLaSalle Diana Sanchez, Blanchet Cath	Emily Funkhouser, Sherman Amanda Britnell, St.Paul Rachael Easterbrook, Triad
			<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Bambi Will, Summit	Dan Peterson, Cascade	Herb Lommen, Valley Catholic	Chad Peck, Elgin	Jennifer HolyCross, Sherman
	BOYS	<u>Athlete of the Year</u>	Ryan Bailey, McKay	Billy Butler, Hillsboro	Jordan Aldredge, Gladstone Austin Ouderkirk, Newport	Zach Hevner, Vale Dylan Wells, Regis	John Ellingson, Kennedy Kyle Gomez, Bonanza	Sean Lewis, Damascus Chr Jacob Bowdoin, New Hope	
		<u>Honorable Mention</u>	Elijah Greer, Lake Oswego Elvis Akpla, Lincoln Chase Dalton, Tigard	Darius Buckner, Liberty Jake Keyser, Crater Andrew Hastings, Corvallis	Gabe Flores, South Umpqua Dennis Olstedt, Seaside Nate Dillow, Marist	Robby Fegles, Reedsport Josh Frasier, Coquille	Nevin Lewis, Culver Max Long, Oakridge	Shane Ugalde, Crane Marius Hope, Adrain Nick Johnston, Mohawk Seth Linsquist, Damascus Chr	
		<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Dave Rohrman, Hermiston	Pat Wagner, Marist Cathy Bellamy, Marist	Sonna Smith, Grant Union	Joe Volk, St.Marys	Todd Bos, St.Paul	
- OLD 4A (AAAA) - - OLD 3A (AAA) - - OLD 2A (AA) - - OLD 1A (A) -									
WW 2007	TF-2006 / XC-2006	GIRLS	<u>Athlete of the Year</u>	Biance Mathabane, Lincoln		Katherine Tripp, Douglas	Jaclyn Espinoza, Regis		Emily Holding, Damascus Chr
			<u>Honorable Mention</u>	Nyema Sims, Jefferson Alyssa Hasslen, McMinnville Rebecca Rhoades, South Salem		Taylor Wallace, Henley	Keli Hall, Lakeview Sherman 4x100m		Rachael Easterbrook, Triad Crane 4x400m
			<u>Coach of the Year</u>	Bambi Will, Summit		Ron Smith, Henley	Linda Wilson, Waldport		Kelly Holding, Damascus Chr
BOYS	<u>Athlete of the Year</u>	Ryan Waite, St.Helens		Josh Frasier, Coquille	Marshall Ackney, Nyssa		Michael MrKvicka, New Hope		
	<u>Honorable Mention</u>	Kenny Klotz, Central Catholic Ashton Eaton, Mountain View		Jordan Aldredge, Gladstone	Brad Taylor, Oakridge		Sean Lewis, Damascus Chr Kelly Thompson, Ione		

		<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Josh Finck, Wilsonville	Mike Bauer, Regis	Jim Hull, South Wasco	
			- OLD 4A (AAAA) -	- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -	
W W 2006	TF-2005 / XC-2005	GIRLS	<u>Athlete of the Year</u>	Sarah Callier, Benson Stephanie Horton, Tigard Rachel Yurkovich, Newberg	Holli Dieu, Coquille	Jaclyn Espinoza, Regis Kamiko Kamo, Vale	Emily Holding, Damascus Chr
			<u>Honorable Mention</u>		Kelsey Kahle, North Marion Ashley McCrea, North Bend		Abby Morrison, Pine Eagle
			<u>Coach of the Year</u>	Bambi Will, Summit	Dan Peterson, Cascade	Mike Bauer, Regis	Todd Bos, St.Paul
W W 2006	BOYS	<u>Athlete of the Year</u>	Nate Anderson, Benson	Scott Sanders, Brookings	Andrew Perri, Oakridge	Ryan Lewis, Damascus Chr	
		<u>Honorable Mention</u>	Kevin Dickson, Tualatin Zuber Ahmed, Benson	Nick Best, Estacada Ben Cogdill, Estacada	Brad Taylor, Oakridge Marshall Ackley, Nyssa	Mike Marks, Joseph Brett McNichols, Lowell	
		<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Chris Johnson, Siuslaw	Mike Bauer, Regis	Alan Smith, New Hope	
			- OLD 4A (AAAA) -	- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -	
W W 2005	TF-2004 / XC-2004	GIRLS	<u>Athlete of the Year</u>	Emilee Strot, Gresham	Shannan Jentsch, Rogue River	Jaclyn Espinoza, Regis	Emily Holding, Damascus Chr Hayley Oveson, Wallowa Jessica Zito, Echo
			<u>Honorable Mention</u>	Meghan Armstrong, Tualatin Joan Casey, Crescent Valley	Amy Skofstad, Gladstone Adshley McCrea, North Bend	Jolee Van Leuven, Catlin Gabel	
			<u>Coach of the Year</u>	Jeff Hess, South Eugene	Garth Miller, The Dalles	Jeff Larsin, Nyssa Rob Kessebaum, Nyssa	Kelly Holding, Damascus Chr
W W 2005	BOYS	<u>Athlete of the Year</u>	Galen Rupp, Central Catholic	Collin Cram, Siuslaw	Andrew Perri, Oakridge	Ryan Lewis, Damascus Chr	
		<u>Honorable Mention</u>		Dominique Easterling, Madras	Joe Jones, Scio	Todd Baxter, Powder Valley Jeremy Parker, Griswold	
		<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Chris Johnson, Siuslaw	Marty Stallard, Myrtle Point	Jeff Mudrow, North Clackamas	
			- OLD 4A (AAAA) -	- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -	
W W 2004	TF-2003 / XC-2003	GIRLS	<u>Athlete of the Year</u>	Benson 4x100 / 4x400 (Ashley Taylor, Brandi P-Canda, Sara Callire, Deborah Jones, Alex Jones)	Briana Anderson-G, Philomath	Jolee Van Leuven, Catlin Gabel Amy Jones, Grant Union	Emily Peterson, Umpqua Valley Diana McElligott, Ione
			<u>Honorable Mention</u>	Mallory Webb, Newberg Ashley Salvino, St.Marys Academy	Maria North, The Dalles Jennifer Brown, La Pine	Jaclyn Espinoza, Regis	Hayley Oveson, Wallowa Reyna Quiroiz, Canyonville
			<u>Coach of the Year</u>	Leon McKenzie, Benson	Garth Miller, The Dalles	Mike Bauer, Regis	Dawn Crow, Wallowa
W W 2004	BOYS	<u>Athlete of the Year</u>	Tom Skipper, Sandy	Paris Ramsey, Sweet Home	Joe Jones, Scio	Andrew Reitman, Ione David Bednar, Condon	
		<u>Honorable Mention</u>	Mike McGrath, Lincoln Galen Rupp, Central Catholic	Jeremiah Lewman, North Valley Ryan Nash, Lakeview	Lee Clarkson, Salem Academy Andrew Perri, Oakridge	Jordan Stutzman, Southwest Chr	
		<u>Coach of the Year</u>	Roger Herbert, Sheldon	Dave Harley, Scappoose	Marty Stallard, Myrtle Point	Del LaRue, Ione	
			- OLD 4A (AAAA) -	- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -	
W W 2003	TF-2002 / XC-2002	GIRLS	<u>Athlete of the Year</u>	Deborah Jones, Benson Brandi Probasco-Canda, Benson	Amy Cretsinger, Sisters	Holly Prinslow, Gervais	Amanda Bingham, Powder Valley
			<u>Honorable Mention</u>	Dani Maier, Sunset	Samantha Young, Henley Danica, Bates, Pleasant Hill	Leelyn Jobs, Pilot Rock Trinity Krosting, Pilot Rock	Diana McElligott, Ione Kate Ludwig, Days Creek
			<u>Coach of the Year</u>	John Gillespie, South Eugene	Ron Smith, Henley	Jeff Larson, Imbler	Doug Lewis, Powder Valley
W W 2003	BOYS	<u>Athlete of the Year</u>	Jordan Kent, Churchill Tom Skipper, Sandy	Brandon Roosevelt, Wilsonville Dominique Easterling, Madras	Joe Jones, Scio JD Hill, East Linn	Brad Burright, Ione	
		<u>Honorable Mention</u>	Lauren Jespersion, Klamath Union	Nathan Baumgartner, Reedsport	Jeff Beck, Nyssa	Brody Turuner, Powder Valley	

		- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -		- OLD 1A (A) -	
WW 1998	TF-1997 / XC-1997	GIRLS	<u>Athlete of the Year</u>	Sasha Spencer, North Salem	Ellannee Richardson, Gladstone	Katie Sharff, Catlin Gabel	Alyson Barrett, Camas Valley		
			<u>Honorable Mention</u>	Rachel Morris, Beaverton Pam Johnson, Sandy	Amy Nickerson, Coquille Melinda Campbell, Newport	Heather Hunt, Salem Academy Jenni Ashcroft, Sheridan	Marcie Kowalski, Powder Valley		
			<u>Coach of the Year</u>	Bill Rowan, South Medford	Ron Smith, Henley	Mike Bauer, Regis	Del LaRue, Ione		
	BOYS	<u>Athlete of the Year</u>	Damian Olson, Bend	Rhy Reynolds, Newport	Bill Pappas, Glendale	Josh Maddox, Powder Valley			
		<u>Honorable Mention</u>	Chris Sprague, South Eugene Rian, Ingrim, Lakeridge	Ross Krempley, Sherwood Jay Goff, Cascade Christian	Mike Oien, Knappa	Jim Stever, Days Creek David Bowdoin, New Hope			
		<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Gary Giddens, Siuslaw	John Elder, Nestucca	Del LaRue, Ione			
		- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -		- OLD 1A (A) -	
WW 1997	TF-1996 / XC-1996	GIRLS	<u>Athlete of the Year</u>	Sasha Spencer, North Salem	Heather Miller, Henley	Andrea Castenada, Lost River	Melissa McElligott, Ione		
			<u>Honorable Mention</u>	Holly Speight, Sprague Karina Elstrom, McMinnville	Joy Goff, Cascade	Sharon Barnett, Salem Academy	Alyson Barrett, Camas Valley		
			<u>Coach of the Year</u>	John Othus, West Linn	Ron Smith, Henley	Tom Hayes, Union	Tim France, Alsea Joe Burgett, Dufur		
	BOYS	<u>Athlete of the Year</u>	Chris Sprague, South Eugene	Billy Harper, Junction City	Jason Parks, Enterprise Jeremy Piel, Enterprise	Jason Lewis, Powder Valley			
		<u>Honorable Mention</u>	Bryan Berryhill, Crater	Jarred Cornell, The Dalles Matt Petz, La Pine	Ryon Edwards, East Linn Mike Oien, Knappa	Daniel Wright, Canyonville			
		<u>Coach of the Year</u>	Tom Rotherberger, Jesuit	Gary Giddens, Siuslaw Paul Breeze, Junction City	Dave Wilkerson, East Linn	Jim Stenberg, Canyonville			
		- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -		- OLD 1A (A) -	
WW 1996	TF-1995 / XC-1995	GIRLS	<u>Athlete of the Year</u>	Marie Davis, Lincoln	Tish Henes, Bsaker	Sharon Barnett, Salem Academy	Alyson Barrett, Camas Valley		
			<u>Runner-up</u>	Sasha Spencer, North Salem Bethany Lucas, South Eugene Holly Speight, Sprague Karina Elstrom, McMinnville	Heather Miller, Henley Joy Goff, Cascade Cathy McNeely, Philomath Hillary Holly, Woodburn	Cheri Rosenberg, Pilot Rock	Liz Ward, St.Paul Melissa McElligott, Ione		
			<u>Honorable Mention</u>	Sarah Brandy, Ashland Heidi Fisk, Lebanon Jenni Johnson, Bend	Melisa Mellein, Philomath Kortni Murphee, Philomath		Dawn Sherman, Canyonville Cori Henderson, Canyonville		
	BOYS	<u>Coach of the Year</u>	Bob Latham, Bend	Joe Fulton, Philomath Ron Smith, Henley	Don Berger, Salem Academy	Mike Monteleone, Canyonville Travis Dahl, Canyonville			
		<u>Athlete of the Year</u>	Bryan Barryhill, Crater	Billy Harper, Junction City	James Longoria, Nyssa	Jason Carter, Canyonville			
		<u>Runner-up</u>	Bill Jones, Hood River	Craig Douglas, McLoughlin Jared Cornell, The Dalles Tim Peterson, Philomath Andy Carman, Elmira	David Parker, Salem Academy	Grant Diggles, N.Clackamas			
COACHES	<u>Honorable Mention</u>	Chris Sprague, South Eugene Heath Fisher, Canby Todd Humke, Sunset							
	<u>Coach of the Year</u>	Ron Chappell, West Linn	Paul Breeze, Junction City	Don Berger, Salem Academy Dave Wilkerson, East Linn	Mike Monteleone, Canyonville Travis Dahl, Canyonville				
			- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -		- OLD 1A (A) -
WW 1995	TF-1994 / XC-1994	GIRLS	<u>Athlete of the Year</u>	Kourtney Dunscombe, Bend	Tish Henes, Baker	Iris Cripps, Glendale	Alyson Barrett, Camas Valley		
			<u>Honorable Mention</u>	Bethany Lucas, South Eugene	Heather Miller, Henley	Chris Hermes, Bonanza	Liz Ward, St.Paul		
			<u>Coach of the Year</u>	Bob Latham, Bend	Ron Smith, Henley	Tom Hayes, Union	Tim Graham, St.Paul		
	BOYS	<u>Athlete of the Year</u>	Cam Cleeton, Sunset	Billy Harper, Junction City	Joe Oulette, Colton	Zane Norris, Powers			
		<u>Honorable Mention</u>	Jon Ryan, Crook County Ben Mitchell, Beaverton	Ray Richardson, Gladstone	Stephen Stockton, Sherman County	Ryan Edwards, East Linn Daniel Wright, Canyonville			

	TF	B	Coach of the Year	Carl Crowe, Milwaukie Rick Squires, Springfield	Paul Breeze, Junction City	Don Berger, Salem Academy	Dave Wilkerson, East Linn
			- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -
WW 1994	TF-1993 / XC-1993	GIRLS	<u>Athlete of the Year</u>	Marie Davis, Lincoln	Trish Henes, Baker	Iris Cripps, Glendale	Emily Pohlschindler, St.Paul
			<u>Honorable Mention</u>	Sara Nicholson, North Eugene	Lisa Flora, Myrtle Point	Melissa Lucas, Catlin Gabel	Kelly Scrutton, North Clackamas
			<u>Coach of the Year</u>	Bob Latham, Bend	Jessie Schra, Sweet Home		
TF-1993 / XC-1993	BOYS	<u>Athlete of the Year</u>	Chris Nelson, Mazama	Billy Harper, Junction City	Ryan Chaney, Salem Academy	Richard Eoff, Wallowa	
		<u>Honorable Mention</u>	Jason Maschmeyer, Churchill	Jeremy Matlock, Astoria	Scott Dye, Riddle	Kip Wright, Prairie City	
		<u>Coach of the Year</u>	Ron Chappell, West Linn	Ron Smith, Henley	Don Berger, Salem Academy	Dale Stry, Wallowa	
			- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -
WW 1993	TF-1992 / XC-1992	GIRLS	<u>Athlete of the Year</u>	Tonia Roth, Roseburg	Jessie Schra, Sweet Home	Holly Irvine, Elgin	
			<u>Honorable Mention</u>	Keeoma Wardford, Sunset	Heidi Wilkerson, Sherwood	Iris Cripps, Glendale	
			<u>Coach of the Year</u>	Brad Mastrud, Roseburg	Ron Smith, Henley	Beth Cline, Glendale	
TF-1992 / XC-1992	BOYS	<u>Athlete of the Year</u>	Ray Livingston, Barlow	Ryan Boyle, Madras	Ryan Chaney, Salem Academy		
		<u>Honorable Mention</u>	Seth Wetzel, Jesuit	Jason Dunn, Cascade			
		<u>Coach of the Year</u>	Krooke Kintz, South Eugene		Paul Pappas, Glendale		
			- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -
WW 1992	TF-1991 / XC-1991	GIRLS	<u>Athlete of the Year</u>	Regina Warren, Benson	Amy Flora, Myrtle Point	Katie Malm, Catlin Gabel	Maria Mutola, Springfield
			<u>Honorable Mention</u>	Sara Jessie, Willamette	Ilene Penas, Estacada	Iris Cripps, Glendale	
			<u>Coach of the Year</u>	Tonia Roth, Roseburg		Lisa Holbrook, Dayton	
TF-1991 / XC-1991	BOYS	<u>Athlete of the Year</u>	Seth Wetzel, Jesuit	Justin Nagle, Cottage Grove	Joey Bias, Santiam		
		<u>Honorable Mention</u>	Aaron Young, Newberg	Cameron Innis, North Valley	Troy Marsh, Santiam Christian		
		<u>Coach of the Year</u>	Monte Bradley, Newberg	Steve Heilman, Silverton	John Elder, Nestucca		
			- OLD 4A (AAAA) -		- OLD 3A (AAA) -		- OLD 2A (AA) -
WW 1991	TF-1990 / XC-1990	GIRLS	<u>Athlete of the Year</u>	Larenia Woods, Corvallis	Pam Emery, Cascade	Katie Malm, Catlin Gabel	
			<u>Honorable Mention</u>	Kiza Bruner, Sheldon	Lorrie Emery, Cascade	Jessica Puckett, Mt.Hood Christian	
			<u>Coach of the Year</u>	Cathy Johnson, West Linn	Amy Olson, Douglas		
TF-1990 / XC-1990	BOYS	<u>Athlete of the Year</u>	Kanon Vanderhoff, South Eugene	Mark Anderson, North Valey	Mike Kauffman, Salem Academy		
		<u>Honorable Mention</u>	Lavon Pierce, Benson	Pat Zweifel, Tillamook	Jason Lewis, Portland Christian		
		<u>Coach of the Year</u>	Leon McKenzie, Benson	Mark Zweifel, Tillamook			
			- OLD 3A (AAA) -		- OLD 2A (AA) -		- OLD 1A (A) -
39	RLS	<u>Athlete of the Year</u>	Lareina Woods, Corvallis	Renelle Jeppsen, Sweet Home	Sally Meier, Catlin Gabel		
				Pam Emery, Cascade	Mariyss Stenberg, Canyonville		

WW 1990	TF-1989 / XC-1990	GIRL	<u>Honorable Mention</u>	Michelle Reynolds, Oregon City	Tyrza Hunt, Tillamook	Julie Newton, Griswold
			<u>Coach of the Year</u>	Brad Mastrud, Roseburg	Steve Heilman, Silverton	Don Berger, Salem Academy
			<u>Athlete of the Year</u>	Beaverton 4x800m (James Harris, Alex Hastings, Jason Baseden, Collier Bingham)	Ron Foster, Lakeview	Grady O'Conner, Paisley Bryan Padberg, Heppner
WW 1989	TF-1988 / XC-1988	BOYS	<u>Honorable Mention</u>	Nave Larson, Glencoe	Todd Robertson, Lakeview	Mel Pursifull, Imbler
			<u>Coach of the Year</u>	Bill White, Beaverton Elden Kellar, Glencoe	Darrel Deedon, Cascade Jim Vella, Scappoose	Steve Thompson, Wahtonka John Seeley, Imbler
			- OLD 3A (AAA) -			- OLD 2A (AA) -
WW 1988	TF-1987 / XC-1987	GIRLS	<u>Athlete of the Year</u>	Jeannie Heltzel, South Salem Laurel Roberts, Oregon City Michelle Reynolds, Churchill Karen Alcorn, Oregon City	Christy Ward, North Valley	Sally Meier, Catlin Gabel
			<u>Honorable Mention</u>		Debbie Cline, Seaside	Julie Newton, Griswold
			<u>Coach of the Year</u>	Sammy Ibarra, Oregon City	Anthony Johnson, Elmira Gene Gilbertson, Seaside	Don Berger, Salem Academy Regi Christensen, Oakland
WW 1988	TF-1987 / XC-1987	BOYS	<u>Athlete of the Year</u>	Art Skipper, Sandy	Ron Foster, Lakeview	Ryan Padberg, Heppner
			<u>Honorable Mention</u>	Alan Foster, Aloha Bob Gray, David Douglas	Kevin Witt, Cascade	Jake Llado, Regis
			<u>Coach of the Year</u>	David Lee, Oregon City Mark Cotton, Grant	Darrel Deedon, Cascade	Keith Snuggerud, Oakridge
WW 1988	TF-1987 / XC-1987	GIRLS	<u>Athlete of the Year</u>	Michelle Reynolds, Churchill	Christy Ward, North Valley	Paula Berry, Dayville
			<u>Honorable Mention</u>	Laurel Roberts, Oregon City Jamie Fallon, Klamath Union	Carrie Tobey, Cascade	Sally Meier, Catlin Gabel
			<u>Coach of the Year</u>	Brad Mastrud, Roseburg	Darrel Deedon, Cascade	Don Berger, Salem Academy
WW 1987	TF-1986 / XC-1986	BOYS	<u>Athlete of the Year</u>	Bob Gray, David Douglas	Kirk Nichols, Cascade	Devin White, Central Linn
			<u>Honorable Mention</u>	Art Skipper, Sandy Mark Price, Mountain View	Greg Bryne, Dallas	Tom Henderson, Central Linn
			<u>Coach of the Year</u>	Leon McKenzie, Benson	Darrel Deedon, Cascade	Guy Crapper, Central Linn Keith Snuggerud, Oakridge
WW 1987	TF-1986 / XC-1986	GIRLS	<u>Athlete of the Year</u>	Christine Schiel, Sandy	Terri Gortler, Siuslaw	Karen Case, St.Paul
			<u>Honorable Mention</u>	Lisa Reslock, St.Marys Academy	Tammy Courtney, Siuslaw	Paula Berry, Dayville
			<u>Coach of the Year</u>	Brad Mastrud, Roseburg	Penny Miller, Gladstone	Regi Christensen, Oakland
WW 1986	TF-1985 / XC-1985	BOYS	<u>Athlete of the Year</u>	Gus Envela, McKay	Todd Hope, Gold Beach	Mike Wisnovsky, St.Marys
			<u>Honorable Mention</u>	Darryl Roberson, Molalla	Ken Oulette, Seaside	Tim Porter, Griswold Matt Owen, Dayton
			<u>Coach of the Year</u>	Mike Yoeman, South Eugene	Gene Gilbertson, Seaside	Shane Campbell, Enterprise John Hamilton, Catlin Gabel Brendan Mallon, St.Marys
1985	GIRLS	<u>Athlete of the Year</u>	Denise Lucas, Jefferson	Siuslaw 4x100m (Kelli Lang, Tammy Courtney, Terri Gortler, Kim Eltins)	Jenni Grasley, Portland Christian	
		<u>Honorable Mention</u>	Deni Leadham, Sheldon Theresa Martin, Mountain View	Mary Arnold, St.Mary/Valley Marnie Branstitter, Toledo	Joi Tipton, Oakridge Paula Berry, Dayville	

WW 1981	TF-1985 / XC-	BOYS		Marnie Mason, Klamath Union		Julie Van Pelt, Western Mennonite
				Megan Reynolds, Beaverton		Hillary Simmons, Oakland
			<u>Coach of the Year</u>	Bill White, Beaverton	Mark Dean, Siuslaw	Dave Kohler, Kennedy
			<u>Athlete of the Year</u>	Gus Envela, McKay	Willy Hewson, Estacada	Shane Campbell, Enterprise
			<u>Honorable Mention</u>	Latin Berry, Milwaukie		Mike Wisnovsky, St.Marys
			Jay Davis, South Eugene	Rick Johnson, Cascade		Matt Owen, Dayton
			Brent Patera, Sprague	Dan Sheets, La Salle		Corey Warren, Santiam Chr
			Darryl Roberson, Molalla			
			<u>Coach of the Year</u>	Bill White, Beaverton	Gene Gilbertson, Seaside	Keith Snuggerud, Oakridge
- OLD 3A (AAA) - - OLD 2A (AA) - - OLD 1A (A) -						
WW 1985	TF-1984 / XC-1984	GIRLS	<u>Athlete of the Year</u>	Sharon Otterstadt, Wilson	Tassie Norton, Philomath	Paula Berry, Dayville
			<u>Honorable Mention</u>			Grace Golden, Bonanza
			<u>Coach of the Year</u>	Chris Goodwin, Roseburg	Mark Dean, Siuslaw	Keith Snuggerud, Oakridge
		BOYS	<u>Athlete of the Year</u>	Gus Envela, McKay	Dan O'Brien, Henley	Mike Thornton, Colton
			<u>Honorable Mention</u>	Latin Berry, Milwaukie	Sutherlin 4x400m	Scott Kazak, Colton
			Dave Turnbull, Mountain View			
			Chris Quade, Springfield			
			<u>Coach of the Year</u>	Chris Baumgartner, Wesr Linn	Frank Good, Sutherlin	Rick Squires, Monroe
- OLD 3A (AAA) - - OLD 2A (AA) - - OLD 1A (A) -						
WW 1984	TF-1983 / XC-1983	GIRLS	<u>Athlete of the Year</u>	Carol Drouet, Churchell	Stephanie Morris, Seaside	Julie O'Leary, Paisley
			<u>Honorable Mention</u>	Julie Waage, David Douglas	Patty Smith, Siuslaw	Deanna Schneider, Kennedy
			<u>Coach of the Year</u>		Shannon Gates, Siuslaw	
		BOYS	<u>Athlete of the Year</u>	Terry Larson, Churchill	Mark Dean, Siuslaw	Keith Snuggerud, Oakridge
			<u>Athlete of the Year</u>	Tracy Garrison, Klamath Union	Greg Likens, Junction City	Sam Hinkle, Pacific
				Mike Thornton, Colton		
			<u>Honorable Mention</u>	Chrus Bates, Aloha	Toby Cook, Gladstone	
				Daryl Dapron, Cottage Grove		
			<u>Coach of the Year</u>	Ray Nairn, Wilson	Jim Vella, Scappoose	James Healey, Portland Christian
						Bill McCadden, Joseph
- OLD 3A (AAA) - - OLD 2A (AA) - - OLD 1A (A) -						
WW 1983	FT-1982 / XC-1982	GIRLS	<u>Athlete of the Year</u>	Kim Roth, Sprague	Stephanie Morris, Seaside	Shari Collins, Chiloquin
			<u>Honorable Mention</u>	Patti Baker, Gresham	Diane Heopfner, McLoughlin	Carrie Burgher, Knappa
			<u>Coach of the Year</u>			Dianna Schiedler, Kennedy
		BOYS	<u>Athlete of the Year</u>	Mark Cotton, Grant	Mark Dean, Siuslaw	Keith Snuggerud, Oakridge
			<u>Athlete of the Year</u>	Dub Myers, Parkrose	Toby Cook, Gladstone	Cameron Brennan, Yoncalla
				Greg Likens, Junction City		
			<u>Honorable Mention</u>	Tracy Garrison, Klamath Union	Dave Crume, Rogue River	Mark Gregory, Kennedy
						Sam Hinke, Pacific
			<u>Coach of the Year</u>	Jim Robinson, Roseburg	Wes Cook, Gladstone	John Hamilton, Catlin Gabel
- OLD 3A (AAA) - - OLD 2A (AA) - - OLD 1A (A) -						
WW 1982	F-1981 / XC-1981	GIRLS	<u>Athlete of the Year</u>	Kathy Hayes, Newberg	Connie Peterka, Gervais	Rosa Gutierrez, Glendale
			<u>Honorable Mention</u>	Dobie Campbell, Hillsboro	Sarah Lyons, La Salle	Shari Collins, Chiloquin
			<u>Coach of the Year</u>	Julie Vobora, Medford	Michelle Souder, Henley	
		BOYS	<u>Athlete of the Year</u>	John Gillespie, South Eugene	Jim Jones, Henley	Allan Carmody, Glendale
			<u>Athlete of the Year</u>	Chris Wright, South Eugene	Roger Barnhurst, Rainier	Cameron Brennan, Yoncalla
			<u>Honorable Mention</u>	Dale Pederson, Newberg	Mike Hortsch, Cascade	Clinton Armstrong, St.Marys

	TI	B	Coach of the Year	John Gillespie, South Eugene	Jim Jones, Henley	Mike Bauer, Regis
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
WW 1981	TF-1980 / XC-1980	GIRLS	Athlete of the Year	Lynda Hughes, Newberg	Dawn Wilger, Marist	Rosa Gutierrez, Glendale
			Honorable Mention	Robin Marks, Lincoln	Sarah Lyons, La Salle	Cynthia Shapherd, Warrenton
			Coach of the Year	Elden Keller, Hillsboro	Ronald Horbatink, Marist	Ron Smith, Lost River
TF-1980 / XC-1980	BOYS	Athlete of the Year	Bryon Howell, Central Catholic	Bob George, Pleasant Hill	Gid Rysdam, Elgin	
		Honorable Mention	Brian Crouser, Gresham	David Frank, Gladstone	Mike Hedlind, Waldport	
		Coach of the Year	John Gillespie, South Eugene	Don Schmidt, Elmira	Carl Ostling, Waldport	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
WW 1980	TF-'79 / XC-'79	GIRLS	Athlete of the Year	Leann Warren, Crescent Valley	Lisha Lass, South Umpqua	Rosa Gutierrez, Glendale
			XC Coach of the Year	Linda Briggs, Hillsboro	Bill Johnson, Junction City	Dave Horning, Monroe Union
			Coach of the Year	Janet Weiseth, Springfield	Diane Hayes, Crook County	Ron Smith, Lost River
TF-'79 / XC-'79	BOYS	Athlete of the Year	Jeff Hess, South Eugene	Mike Foltz, Lakeview	Ron Smchmidt, Wahtonka	
		XC Coach of the Year	Fred Bushong, Crook County	Wes Cook, Gladstone	Carl Ostling, Waldport	
		Coach of the Year	John Gillespie, South Eugene	John Lahley, Siuslaw	Mike Bauer, Regis	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
WW 1979	TF-1978 / XC-1978	GIRLS	Athlete of the Year	Teri Wilson, Sunset	Karen Beckler, Central Linn	Rhonda Day, Lost River
			Honorable Mention	Eryn Forbes, Sunset	Lori Willard, Rogue River	Rosa Gutierrez, Glendale
			Coach of the Year	Greg Marks, South Salem	Bill Willard, Rogue River	Ron Smith, Lost River
TF-1978 / XC-1978	BOYS	Athlete of the Year	Rourke Lowe, Aloha	Tim Sim, Central Linn	Kregg Einspahr, Portland Lutheran	
		Honorable Mention	Jeff Hess, South Eugene	Ron Schmidt, Wahtonka	Dean Boyle, Gilchrist	
		Coach of the Year	Ron Lowe, Aloha	Tinker Hatfield, Central Linn	Jack Von Ruden, St.Paul	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
WW 1978	TF-1977 / XC-1977	GIRLS	Athlete of the Year	Teri Wierson, Sunset	Kitsy Hall, Rogue River	Linda Baxter, Union
			Honorable Mention	Carolyn Digby, Centennial	Diana Salyer, Rogue River	Rhonda Burnette, Long Creek
			Coach of the Year	Toby Daniels, Sunset	Jean Melson, Tillamook	Lisa Nicholson, Lost River
TF-1977 / XC-1977	BOYS	Athlete of the Year	Dirk Lakeman, South Eugene	Lynn Mayo, Eagle Point	Scott Spruill, McKenzie	
		Honorable Mention	Harry Johnson, South Eugene	Arnie Swan, Glide	Wayne Fisk, Jefferson	
		Coach of the Year	Harry Johnson, South Eugene	Harland Yriarte, Brookings	Wayne Fisk, Jefferson	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
WW 1977	TF-'76 / XC-'76	GIRLS	Athlete of the Year	Dana Collins, South Salem	Kitsy Hall, Rogue River	Mary Ann Stevenson, Lost River
			Coach of the Year	Al Fletcher, South Eugene	Diane Hayes, Crook County	Gail Wigle, Riddle
			Athlete of the Year	Bill McChesney, South Eugene	Terry Hendrix, South Umpqua	Gary Shelton, Sherman County
TF-'76 / XC-'76	BOYS	Athlete of the Year	Bill McChesney, South Eugene	Terry Hendrix, South Umpqua	Keith Pearson, Canyonville	
		Coach of the Year	Harry Johnson, South Eugene	Mike Wilson, Waldport	Lee Webb, Bonanza	
		Coach of the Year	Harry Johnson, South Eugene	Jim Jones, Henley	Bob Keys, Gilchrist	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
WW 1976	TF-1975 / XC-1975	GIRLS	Athlete of the Year	Dana Collins, South Salem	Renee Lambrecht, Cascade	Mary Ann Stevenson, Lost River
			Coach of the Year	Al Fletcher, South Eugene	Diane Hayes, Crook County	Bob Ashe, Catlin Gabel
			Athlete of the Year	Anthony Bates, Grant	Curt Denny, Burns	Jim Smith, Monroe
TF-1975 / XC-1975	BOYS	Athlete of the Year	South Eugene 4xMile (Steve McChesney, John Gustafson, Chris Nielson, Bill McChesney)	Tom Schillinger, Burns		
		Coach of the Year	Elden Kellar, Hilloboro	Ron Borce, Douglas	Brandan Mallon, St.Marys	
		Coach of the Year	Elden Kellar, Hilloboro	Ron Borce, Douglas	Brandan Mallon, St.Marys	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -

WW 1975	TF-1974 / XC-1974	GIRLS	<u>Athlete of the Year</u>	Kelly Jones, Hillsboro	Joni Huntley, Sheridan	Vickie Emmons, Wallowa	
			<u>Honorable Mention</u>	Monica Stoltenberg, Beaverton		Kit Sundling, Concordia	
			<u>Coach of the Year</u>	Jack Hays, Estacada	Janice Alexander, Madras	Gail Wigle, Riddle Rosana Cahill, Bonanza Leon Kytle, Sherman County	
BOYS	<u>Athlete of the Year</u>	Mike Chriss, Medford	Curt Denny, Burns	Chris Moore, Sherman County			
	<u>Honorable Mention</u>		Rod Pearsall, Seaside	Jim Smith, Monroe			
	<u>Coach of the Year</u>	Ted Zetterburg, Putnam	Don Schmidt, Elmira	Mike Mason, Canyonville Jack Von Ruden, St.Paul			
- OLD 3A (AAA) -				- OLD 2A (AA) -		- OLD 1A (A) -	
WW 1974	TF-1973 / XC-1973	GIRLS	<u>Athlete of the Year</u>	Mary Officer, Madison	Joni Huntley, Sheridan	Vicki Emmons, Wallowa	
			<u>Honorable Mention</u>	Jo Rasmussen, Sunset	Kathy Mendenhall, Sutherlin	Rosanna Cahill, Bonanza	
			<u>Coach of the Year</u>	Gloria Gamble, Lebanon Pat Visser, Canby	Diane Hayes, Crook County Betty Perkins, Sutherlin	Gail Wigle, Riddle Marty Anderson, Riddle Bob Ashe, Catlin Gabel	
BOYS	<u>Athlete of the Year</u>	Mike Chriss, Medford	Jery Huntley, Sheridan	Chris Moore, Sherman County			
	<u>Honorable Mention</u>	Tom McChesney, South Eugene	Bob Michael, Elmira	Rob Cooper, North Douglas			
	<u>Coach of the Year</u>	Walt Skowhede, David Douglas	Don Schmidt, Elmira	Paul Merriman, Enterprise			
	<u>Coach Runnerup</u>	Elden Keller, Hillsboro Bill Smith, Bend	Don Persinger, Burns Harland Yriarte, Brookings	Bill Levins, North Douglas Keith Snuggerad, Rogue River			
- OLD 3A (AAA) -				- OLD 2A (AA) -		- OLD 1A (A) -	
WW 1973	TF-72/XC-72	BOYS GIRL	<u>Athlete of the Year</u>	Fran Auer Sichtung, Marshfield	Kathie Pirrie, Madras	Rose Gilbert, Canyonville	
			<u>Coach of the Year</u>	Sharon Brite, Klamath Union	Virginia Fast, Central Linn	Leon Kytle, Sherman County	
			<u>Athlete of the Year</u>	Craig Brigham, South Eugene	Ron Schelin, Douglas	Peter McMurrin, Catlin Gabel	
	<u>Coach of the Year</u>	Harry Johnson, South Eugene	Larry Turner, Philomath	Brendan Mallon, St.Marys			
- OLD 3A (AAA) -				- OLD 2A (AA) -		- OLD 1A (A) -	
WW 1972	TF 1971 / XC-1971	GIRLS	<u>Athlete of the Year</u>	Debbie Roth, Churchill	Shirley LaGestee, Philomath	Rose Gilbert, Canyonville	
			<u>Sprinter/Hurdler, Year</u>	Mary Ann Berg, Sheldon	Susan George, Central Linn	Rose Gilbert, Canyonville	
			<u>Distance of Year</u>	Debbie Roth, Churchill	Maryl Barker, Phoenix	Marina Doege, Chiloqion	
	<u>Field Event / Year</u>	Dottie Barnes, Gresham	Shirley LaGestee, Philomath	Shirley Doege, Chiloquin			
	<u>Coach of the Year</u>	Eva Barrett, Sweet Home	Mary Otley, Burns	Missy hatcher,Chiloquin Peggy Holloran, Wallowa Rose Hagelstein, Chiloquin			
BOYS	<u>Athlete of the Year</u>	Mark Feig, South Eugene	Russ Francis, Pleasant Hill	Dick Tienharra, Dufur			
	<u>Sprinter of Year</u>	Rick Eatmon, Adams	Tinker Hatfield, Central Linn				
	<u>Hurdler or Year</u>	Bob Palm, Sunset	Tinker Hatfield, Central Linn	Dick Tienharra, Dufur			
<u>Distance of Year</u>	Mark Feig, South Eugene	Tinker Hatfield, Central Linn	Grant Weatherford, Condon				
<u>Jumper of Year</u>	Tom Woods, Estacada	Dale Hammitt, Pleasant Hill	Kelly Jensen, St.Marys				
<u>Thrower of Year</u>	John Baardson, Beaverton	Tinker Hatfield, Central Linn	Peter McMurrin, Catlin Gabel				
<u>Coach of the Year</u>	Harry Johnson, South Eugene	Russ Francis, Pleasant Hill	Randy Hodgson, Monroe				
		Tinker Hatfield, Central Linn	Jan Underwood, Gilchrist				
- OLD 3A (AAA) -				- OLD 2A (AA) -		- OLD 1A (A) -	
1971 (GIRLS)	1970 / XC-1970	GIRLS	<u>Athlete of the Year</u>	Carolyn Walker, Grant	Mary Jacobson, Siuslaw	Sharon Hilbert, Crane	
			<u>Honorable Mention</u>	Fran Auer, Marshfield	Dotty Brnes, Burns	Becky Rider, Colton	
				Beth Smith, Thurston Sherry Wells, Thurston	Shirley Lagestee, Philomath Colleen Wigle, Riddle	Shirley Doege, Chiloquin Sandy Womack, Wallowa	
	<u>Coach of the Year</u>	Ann Laptad, Thurston	Susan George, Central Linn Yonne Richardson, Central Linn Mrs. Hatfield, Central Linn				
				Bob Henselman, St.Paul			

W W	TF-	BOYS	Athlete of the Year	<i>Who's Who did not recognize boys for this honor in this year / publication</i>		
			Honorable Mention			
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1970 - 1971	TF-1790	GIRLS	Athlete of the Year	<i>Who's Who did not recognize girls for this honor in this year / publication</i>		
			Honorable Mention			
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1970 - 1971	TF-1790	BOYS	Athlete of the Year	<i>Who's Who did not recognize boys for this honor in this year / publication</i>		
			Honorable Mention			
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1969 - 1970	TF-69 / XC-68,69	GIRLS	Athlete of the Year	<i>Who's Who did not recognize girls for this honor in this year / publication</i>		
			Honorable Mention			
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1969 - 1970	TF-69 / XC-68,69	BOYS	Athlete of the Year	Steve Prefontaine, Marshfield	Tinker Hatfield, Central Linn	Bill Kendall, Gilchrist
			Inspirational Coach	[REDACTED]	[REDACTED]	Jerry Bennett, Gilchrist
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1968	TF-1968 / XC-1967	GIRLS	Athlete of the Year	<i>Who's Who did not recognize girls for this honor in this year / publication</i>		
			Honorable Mention	Liz McCain, Siuslaw		
W W 1968	TF-1968 / XC-1967	BOYS	Athlete of the Year	Roger Smith, Cleveland	Steve McArthur, Central	Whit Baker, Ione
			Honorable Mention	Al Paz, Jesuit	Rick Lewis, St.Marys	Dan Moody, Pine Valley
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1967	TF-1967 / XC-1966	G	Athlete of the Year	Linda Mayfield, Illinois Valley	[REDACTED]	
			Honorable Mention	Pat Collins, Beaverton	Larry Ulrich, Siuslaw	Wayne Dey, Crow
W W 1967	TF-1967 / XC-1966	BOYS	Athlete of the Year	Mike Lyons, Central Catholic	[REDACTED]	
			Honorable Mention	Luther Goin, Dallas	[REDACTED]	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1967	TF-1967 / XC-1966	BOYS	Athlete of the Year	Bill Keenan, North Eugene	[REDACTED]	
			Honorable Mention	Onia Bates, Grant	[REDACTED]	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1967	TF-1967 / XC-1966	BOYS	Athlete of the Year	Hal Agner, Centennial	[REDACTED]	
			Honorable Mention	Dan Korb, Corvallis	[REDACTED]	
				- OLD 3A (AAA) -	- OLD 2A (AA) -	- OLD 1A (A) -
W W 1967	TF-1967 / XC-1966	BOYS	Athlete of the Year	Jay Pomeroy, Centennial	[REDACTED]	
			Honorable Mention	Greg Rigby, Lake Oswego	[REDACTED]	

Greg Lindsey, Lake Oswego

- OLD 3A (AAA) -

- OLD 2A (AA) -

- OLD 1A (A) -

W W 1966

TF-66 / XC-65

GIRLS

Athlete of the Year
Honorable Mention
Coach of the Year

Who's Who did not recognize girls for this honor in this year / publication

BOYS

Athlete of the Year
Honorable Mention

Onia Bates, Grant

Jim Reverman, St.Marys

Tom Rauch, Powers

Maurice Ray, Powers

- OLD 3A (AAA) -

- OLD 2A (AA) -

- OLD 1A (A) -

W W 1965

TF-1965

GIRLS

Athlete of the Year
Honorable Mention
Coach of the Year

Who's Who did not recognize girls for this honor in this year / publication

BOYS

Athlete of the Year
Honorable Mention
Coach of the Year

Who's Who did not recognize boys for this honor in this year / publication

- OLD 3A (AAA) -

- OLD 2A (AA) -

- OLD 1A (A) -